

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION

MAY, 2015

COURSE TITLE: INTRODUCTION TO PSYCHOLOGY

COURSE CODE: HSC 100

DURATION: 2 HOURS

TOTAL MARKS: 75

INSTRUCTIONS:

- Read instructions carefully**
- Answer all questions**
- There are two (2) sections, A and B**
- There are five (5) printed pages including the cover page.**

DO NOT OPEN THE QUESTION PAPER UNTIL YOU ARE TOLD TO DO SO BY THE INVIGILATOR

SECTION A (15 Marks) MULTIPLE CHOICE AND MATCHING

For each question, choose the most appropriate response and write the corresponding letter only, in **capital letters**, e.g. 22 B. Each correct answer carries 1 mark.

1. According to Erickson, an adolescent who asks questions such as _____ is undergoing the crisis of identity versus role confusion.
 - A. "Who will feed me?"
 - B. "Who am I?"
 - C. "Is this all there is?"
 - D. "Who can possibly appreciate me?"

2. The major change in cognitive function during aging includes:
 - A. Improved reaction time
 - B. A slight impairment in information transfer from short-term to long term memory.
 - C. Reduced intelligence.
 - D. Impaired short term memory function.

3. _____ refers to a form of learning in which we monitor the behaviour of others.
 - A. Social learning
 - B. Observational learning
 - C. Classical conditioning
 - D. Operant conditioning

4. In the process of accommodation, a child
 - A. Modifies their existing knowledge structures to handle new information
 - B. Ignores new information to preserve their old mental schemas
 - C. Integrates new ideas into old schemas
 - D. A child's growth accelerates during the period prior to puberty.

5. According to Maslow, an example of a deficiency need would be:
 - A. The desire for the approval of others
 - B. The desire for food and water.
 - C. A desire for success and achievement
 - D. The desire to "be all that one can be".

6. A key difference between the Cannon-Bard and the James-Lange theories of emotion is that
- A. The Cannon-Bard view suggests that awareness of peripheral physiologic signals can influence our emotions.
 - B. The James-Lange view suggests that an emotional event causes subjective experiences and then physiologic changes.
 - C. The James-Lange view suggests that awareness of peripheral physiologic signals can influence our emotions.
 - D. The Cannon-Bard view emphasizes the importance of facial feedback for emotions.
7. You are consulting Mrs. Anderson, a 56 year old woman who tells you that she has a fear of flying. She will not fly to visit her daughter who has just given birth to her first grandson even though she desperately wants to be with her. Mrs. Anderson informs you that she lost her job two years ago because she would not fly to meet clients. Mrs. Anderson would most likely be diagnosed with which of the following anxiety disorders?
- A. Generalized anxiety disorder
 - B. Social phobia
 - C. Obsessive-Compulsive disorder
 - D. Specific phobia
8. After the psychological consultation with Mrs. Anderson, you decide that her therapeutic plan will involve exposure therapy to manage the anxiety disorder. As a psychologist, which important aspect of the intervention should you be cognizant of?
- A. Safety of the client
 - B. The behaviour of the client
 - C. The availability of support
 - D. The nature of the disorder under treatment

For questions 9 – 15, match the descriptions in column A with the best describing word or phrase in column B. Write the corresponding letter only, e.g. 16 B.

COLUMN A	COLUMN B
9. The structure of personality that operates on the reality principle.	a) Crystallized intelligence
10. The psychic energy that powers all mental activity.	b) Id
11. The anxiety that is produced by recurring thoughts that leads to urgent need to perform rituals or routines.	c) Libido
12. A relatively permanent change in behaviour or behaviour potential resulting from experience.	d) Trial and error
13. Anything that strengthens or increases a behavior, including stimuli, events and situations.	e) Compulsions
14. A type of learning that is characterized by repeated, varied attempts which are continued until success or until the individual stops trying.	f) Ego
15. The cognitive ability to perceive relationships independent of previous specific practice or instruction concerning those relationships.	g) Insight
	h) Reinforce
	i) Reinforcement
	j) Fluid intelligence
	k) Obsessions
	l) Learning

SECTION B (60 Marks) SHORT ESSAY TYPE QUESTIONS

Question 1

- (a) Discuss Abraham Maslow's hierarchy of needs theory. In your discussion, identify the levels Maslow proposed and give examples of each level. [15]
- (b) Identify and describe the three (3) theories of emotion. [9]

[Sub-total marks: 24]

Question 2

- (a) Discuss Erikson's eight (8) stages of psychosocial development which every person undergoes throughout the lifespan. In each stage, identify the crisis or conflict between competing tendencies. [16]
- (b) Describe the following personality disorders. In your description, include what the disorder is and the manifestations.
- i. Paranoid [4]
 - ii. Histrionic [4]

[Sub-total marks: 24]

Question 3

Briefly describe the four (4) stages of cognitive development according to Jean Piaget's cognitive theory. [12]